

Hake Tray Bake

Ingredients

- 2 x Hake Fillets
- 160g Olives
- 100g Cherry tomatoes
- 3 cloves of garlic, crushed
- 3-4 tbsp. olive oil
- 2 Courgette cut into 1 cm thick
- 4 x Garlic bread slices
- 1 tsp. Dried Oregano
- Salt and pepper

Step 1

Preheat oven and an ovenproof dish to 180.c

Step 2

In a mixing bowl add the olives, cherry toms, crushed garlic, courgette, olive oil, oregano and salt and pepper and toss together, lay in the bottom of the preheated oven dish, and lay the hake fillets on top.

Bake for 10-12 minutes

At the same time add the garlic bread slices in the oven on a separate tray and bake for 10 minutes also.

Step 3

Divide the roasted vegetables between 2 plates and place the hake on top.